

# Manly Muffin Meat Loaf

**Makes:** 6 servings

These savory meatloaf muffins are full of flavor and have a beautiful presentation. Enjoy one with a side of steamed spinach, [kale](#), or a fresh green salad.

## Ingredients

- 1 egg
- 1/2 cup non-fat milk
- 3/4 cup oats
- 1 pound lean ground beef
- 3 tablespoons onion (chopped)
- 1/2 teaspoon salt
- 1/2 cup cheese (any variety) (grated)

## Directions

1. Preheat oven to 350 degrees.
2. Combine all ingredients and mix well.
3. Spoon mixture and divide evenly into 12 greased muffin cups.
4. Bake for 1 hour, or until temperature in center of meat loaf is 160 degrees.
5. Cool slightly before removing from muffin cups.

## Notes

Combine meat loaf ingredients until well mixed, but don't

Nutrition Information	
Nutrients	Amount
<b>Calories</b>	<b>213</b>
Total Fat	11 g
Saturated Fat	5 g
Cholesterol	88 mg
Sodium	315 mg
Total Carbohydrate	9 g
Dietary Fiber	1 g
Total Sugars	1 g
Added Sugars included	0 g
<b>Protein</b>	<b>20 g</b>
Vitamin D	40 IU
Calcium	112 mg
Iron	2 mg
Potassium	303 mg
N/A - data is not available	

MyPlate Food Groups	
 Grains	1/2 ounce
 Protein Foods	2 ounces
 Dairy	2 cups

over mix; too much mixing can make a meat loaf tough.

**Safety Tip:** Cook your meat loaves to 160 degrees. Use a meat thermometer to test the temperature. You will know that your loaves will be completely and safely cooked without being dried out from overheating.

**Source:** Kansas Family Nutrition Program, Kids a Cookin'